

# The Hero's Journey

A coaching approach  
and technique to help  
people thrive in transition



- Stage 1:**            **Hearing a Calling**  
Being pulled in a new direction – change & crises can be a calling!
- Stage 2:**            **Accepting a Calling**  
Confronting a threshold or boundary in your existing abilities or view of the world.
- Stage 3:**            **Crossing the Threshold**  
Moving into new territory which forces you to grow & to find support & guidance.
- Stage 4:**            **Finding a Mentor or a Guardian**  
Obtaining the right support & guidance.
- Stage 5:**            **Facing a Challenge or Demon**  
Things which you have to learn to contend with or accept.
- Stage 6:**            **Transforming the Demon**  
Developing a new skill or discovering a resource.
- Stage 7:**            **Coming Home**  
Creating a new 'map of the world' to incorporate the growth & discoveries you have made on your journey.

## Potential Coaching Questions

- Stage 1.**            What was *(is)* the 'calling' you heard *(are hearing)*?
- Stage 2.**            Why did you choose to accept it - did you have a choice?  
*(What choices do you have?)*
- Stage 3.**            Describe the new 'territory' you entered *(are entering)*.
- Stage 4.**            Who provided *(will provide)* support / guidance?
- Stage 5.**            What challenge or 'demon' did *(will)* you have to contend with?
- Stage 6.**            How did you *(do you intend to)* tame or transform the 'demon'?
- Stage 7.**            Having *(when you)* 'come home', what do you know *(will you know)* about yourself & the world that you didn't know before?